# ARMY RESERVE

E MAGAZIN

**The USAR in Europe**
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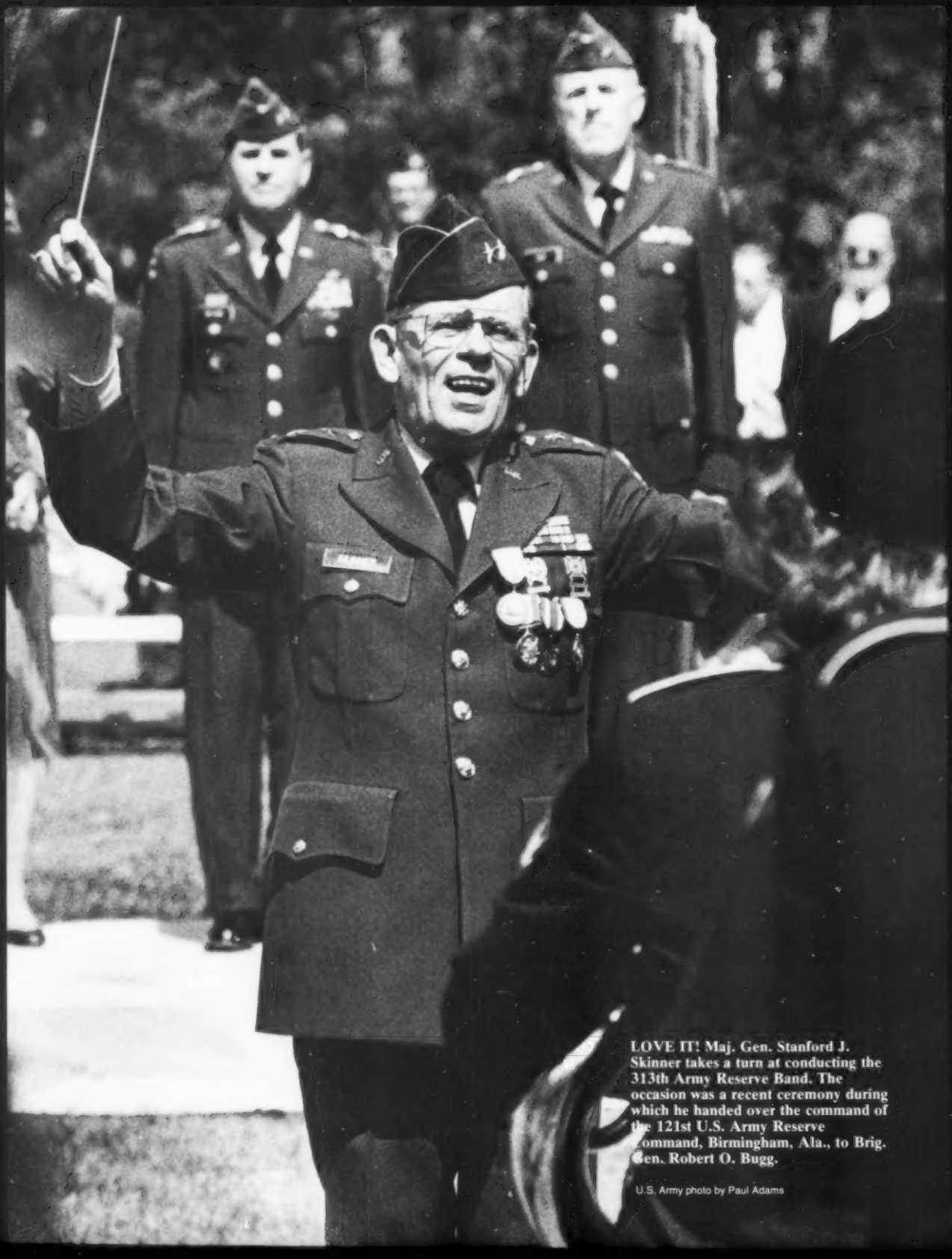
**Injury Benefits**
*Page 16*



**LOVE IT! Maj. Gen. Stanford J. Skinner takes a turn at conducting the 313th Army Reserve Band. The occasion was a recent ceremony during which he handed over the command of the 121st U.S. Army Reserve Command, Birmingham, Ala., to Brig. Gen. Robert O. Bugg.**

U.S. Army photo by Paul Adams

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■ Food plays a key part in the way you feel and in how well you can get and stay in shape. Peek at **page 28**.

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# Army Reserve Magazine
## Vol. XXX Number 1
## WINTER 1984

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FRONT COVER: Army Reservists stroll through Münster, West Germany, during a break in Annual Training. Time for sight seeing is limited—very limited. Münster became a hub for missions given the 180th Transportation Company, Grand Rapids, Mich. The unit is the focus of our Europe story. The cathedral in the photo was completed in the 1300's.

U.S. Army photo by Lew Brodsky

REAR COVER: Troops from the 180th take in some architecture. What was a palace is now part of the University of Münster.

U.S. Army photo by Lew Brodsky

**How do you change your address for the Army Reserve Magazine? The information is on page 4.**


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# BRIEFS

■ **Some Reservists and their families will soon be able to shop in military commissaries at times other than when the members are on annual training (AT).** A provision of the Defense Authorization Act of 1984 directs the Department of Defense to test a shopping idea, by which some members of the Selected Reserve—that's unit members and Individual Mobilization Augmentees—will be able to shop one day for each day they spend on AT. Instead of being restricted to just the actual AT period, the Reservists selected will be able to shop anytime they choose, up to a year following their duty. How long will the "trial" shopping continue? It will run at least a year; the Secretary of Defense owes a report to Congress on the program by September 30, 1984.

■ **Where will the test commissary shopping mentioned above take place?** Army officials have chosen Fort Devens, Mass. and Fort Sam Houston, Texas.

■ **Army Reserve retirees who have received mobilization preassignment orders are eligible for the Army Correspondence Course Program.** What courses are available? Take a look at DA Pam 351-20 at your local installation's education center, Army Reserve center or National Guard armory. You can apply for enrollment by sending DA Form 145 to: Commander, RCPAC, ATTN: DARC-RAM-M, 9700 Page Blvd., St. Louis, Mo. 63132. The toll-free number you can use is: 1-800-325-2660. Regular Army (RA) and Army of the United States (AUS) retirees who have received mobilization preassignment orders are also eligible.

■ **How do you change your address for the Army Reserve Magazine?** If you're a member of the Individual Ready Reserve (IRR), call your career advisor (NCO) or personnel management officer on the appropriate toll-free line in St. Louis. If you're assigned to an Army Reserve unit make sure that it has your correct address and that it reports that address on the DA Form 1379 it forwards after drills. Please don't write or call the editorial office here in Washington. We can't change your address and we cannot acknowledge requests to do so.

■ **An officer Military Qualification Standards (MQS) program is being tested in some Army Reserve units this year.** The program is designed to train and qualify an officer in his or her duties in a given grade and position. Lieutenants in the test units will receive study materials which cover both specialty and common task skills—something similar to the Soldiers' Manuals used by enlisted soldiers.

■ **Officers and enlisted soldiers may wear pin-on rank on the Battle Dress Uniform (BDU).** And, officers may wear pin-on branch insignia. Except for the items just mentioned—everything else anyone wears on the BDU must be sewn on.

U.S. Army photo by Lee Jenkins

Do something nice for the family.

■ **Want to do something nice for your family? Keep your DD Form 93, the Record of Emergency Data, updated.** This form indicates which family members should be notified in the event of a Reserve soldier's death. It also indicates which family members should receive survivor benefits. The form shows where a soldier's will is located and what civilian life insurance policies the soldier possesses. Army Reserve unit members should update their forms at least once a year . . . or when family circumstances change significantly (i.e., a family member's death or birth, or a soldier's marriage). Individual Ready Reservists and Individual Mobilization Augmentees have the opportunity to update the form when they begin, respectively, Active Duty for Training or Annual Training.

■ **Want to participate in the upcoming Interallied Confederation of Reserve Officers (CIOR) Military Competition?** It'll be held in Rome, Italy. Competition involves such events as marksmanship, obstacle course negotiation and orienteering. Questions: call Maj. Tom Lippy, Albert Bryant, **AUTOVON** 225-3662. Or, write: Headquarters, Department of the Army, ATTN: DAAR-TRU, Washington, D.C. 20310.

■ **Army Reservists on Active Duty Guard/Reserve (AGR) status and other Reservists who fly on military aircraft should check their life insurance policies.** The American Council of Life Insurance reports that many policies do not cover accidents involving flying on other than commercial aircraft. The Council is unaware of any individual or group insurance policy that specifically excludes coverage during Reserve training periods. Insurance experts say that "riders" which provide coverage for riding on military aircraft are available for an extra premium.

■ **Female soldiers may wear earrings.** That's the word from the Army's uniform and appearance people. Only the screw-on or post-type earrings may be worn and then only with the dress or mess uniform. It's further advised that earrings should not exceed 6 millimeters (or ½-inch) in diameter. They should be made of gold, silver or pearl. Earrings should be unadorned and spherical.

■ **The fiscal year 1984 DOD Authorization Act recognizes the promotions of most Active Duty Guard/Reserve (AGR) officers.** This (signed) legislation means that those AGR officers who have been promoted and who are filling slots calling for the grades to which they've been promoted are not restricted from wearing the rank and receiving the pay to which they're entitled.

■ **U.S. Army Reservists walked away with many of the honors recently in the Fifth International Minuteman Competition (Rifle and Pistol) in Mittenwald, Germany.** They competed against Reservists from eight other NATO nations. American Reservists stationed in Europe, together with two Army Reserve teams from the States, captured 11 of 26 awards. Norway was second, taking nine.

# LETTERS

### GETTING FIT

SIR: I am career Reservist and feel that the Army should be realistic about this whole fitness program, especially for Reservists.

For instance, I work over forty hours a week, attend night classes three nights each week, and also fit in time for Army correspondence courses. In addition, one weekend a month is devoted to a Multiple Unit Training Assembly (MUTA-4). On top of this I have college homework.

Consider the priorities. Getting in shape is great, especially if you have time, but the idea of getting a steady paycheck to keep the wolf from the door is what life is about. So what do we do? What would you do? How do you allocate your time?

Please also consider whose responsibility it is if a Reservist is mugged or injures himself running through city streets and parks trying to get in shape for the Army's fitness program. Who's going to pick up the medical tab? The Army?—think again!

Why can't the Army open its Reserve training centers evenings or weekends and have PT in safety? Further, each unit should have an individual whose primary or secondary MOS is as a physical instructor. This way we can have an expert close by for a supervised and sound training program.

If the Army wants everyone to be in shape then let's be in shape, but let's be a bit more realistic on how we go about it. Let's protect our people and look out for their welfare.

Sgt. 1st Class Jack W. Ardell
Chicago, Ill.

*Your points are well taken. No, there isn't enough time for unit Reservists to engage in physical training during weekend drills. Such training during weekend drills is indeed discouraged. However, that the Army should expect everyone to meet physical fitness standards is inevitable. So, keeping fit can only be a matter of individual not unit responsibility. No one can promise that finding time for exercise is easy. You must find a middle ground that balances your own personal needs and priorities with that of the Army. Remember, the Reservist is twice the citizen.*

*It's planned that some Army Reserve unit officers and NCOs will be formally schooled to serve as fitness "Master Trainers."*

### APOLOGY, PLEASE

SIR: I was offended by the "Remember Me?" portion of your retention story in the Summer 1983 issue. I happen to be an Administrative Supply Technician (AST). I was insulted by that item. And, this is not the first time I've seen it. It portrays ASTs as villains—the "bad guys" whose neglect causes good soldiers to leave units.

I feel the item is in extremely bad taste. You should drop the AST part and leave it as is.

I think an apology should be published for all ASTs.

Robert M. Howe, DAC
Kingston, N.Y.

*There was no intent on the part of the author to single out ASTs. There's enough blame to be shared by officers, NCOs—even civilians. Keeping good soldiers is everybody's business.*

Photo by John Pinderhughes

It's the wrong engine!

### POWER PLANT

SIR: I am writing in regard to an article, "USAR Gets Latest Chopper," which appeared in your Fall 1983 issue. As an Army Reserve captain and as the Commercial T53 Program Manager for AVCO Lycoming, I was delighted to see the picture of an engine captioned as the Blackhawk powerplant.

I immediately shared my copy with a Connecticut National Guardsman, who also happens to be AVCO's Military T53 Program Manager. We came to the immediate conclusion that the cameraman simply instructed the troops to stand around our beloved T53 "old faithful" which powers the famous UH-1 Huey. Any soldier connected with Army aviation could certainly recognize that beautiful engine; well over 19,000 have been made and, coupled to the Huey, have been the backbone of Army flight for many years.

We appreciate your vote of confidence in our engine and we are sure you feel the same as we do that our T53 should be connected to anything the Army flies. We are equally sure that there must be a couple of Reserve officers over at GE who were equally amazed at this picture (General Electric makes engines for the Blackhawk).

We are wondering one thing—why did the troops remove the upper compressor cover? Certainly there was not a real problem. Hopefully they are not looking for the lost screwdriver!

Capt. Carroll R. Oates
Stratford, Conn.

*Yes, the troops posed for the picture; there was no real problem. And, yes, we blew the caption. Two points for your "gotcha"!*

### SLIPPING BACKWARDS

SIR: This letter is in reference to "Why, Oh Why Do Good Soldiers Leave?", which appeared in the Summer 1983 issue.

Apparently, the Army Reserve has slipped backward nine years—it still is talking "reenlistment" when it should be talking "retention." There's a difference. Reenlistment is nothing more than an administrative action which usually takes place on the last day of an enlistment period. Retention is designed to keep a soldier interested and dedicated, and it's *supposed* to begin with a Reservist's first drill!

You can't talk successfully about reenlistment or retention in the last few months of an enlistment. It has to start with the soldier's first day of duty.

It's disappointing to see Army Reserve units still trying to reinvent the wheel. Good programs get set aside or corrupted by Active Army or full-time Reserve "specialists" who ignore the individual Reservist. They still can't define retention.

When they learn that, and implement it—not "practice" it—then there won't be reenlistment problems.

It takes dedicated NCOs, backed by commanders who provide more than just lip service, to maintain retention goals.

Col. Jack R. Elliason, retired
Federal Way, Wash.

# Reservist Pens Gripping Novel

U.S. Army photo by Pfc. John Spears

**White tells what it was like in Laos.**

"I remember how dangerous Laos was. We felt cut off—there was nobody for 50 miles."

Fifteen years after **Sgt. Kent White, Jr.** left Vietnam and the 5th Special Forces Group, he put this and other thoughts into an action-packed novel about his unit's forays in Southeast Asia. It's called *Prairie Fire*.

"Since nothing had been written about these (Special Forces) operations before, I felt it was time for people to read about the war in Laos," reflects the author.

White is now an Army Reservist serving with the 12th Special Forces Group, Novato, Calif. He's a carpenter and a father of two. He also wears the Purple Heart and Bronze Star, results of his Vietnam duty.

It took White roughly a year to write his book. "I remember sitting down and writing furiously for the first two weeks. That accounted for the first 40 or 50 pages of *Prairie Fire*. Then things went slowly. It was tough. This was my first real attempt at writing."

White says that the events in his novel are composites of the five to seven-day missions in which he participated. He adds that the action varies only slightly from the facts.

The author hopes to make his novel into a movie. For now, however, what's been lurking in his mind since 1968 is down on paper; the book is selling well.

# Big Winners

**Spec. 5 Hector Gutierrez, Jr.** (left) and **Spec. 4 Timothy Miller** were recognized recently for winning the U.S. Army Forces Command Individual Soldier of the Year Award (1983) for the Army Reserve for the Fifth U.S. Army area. Gutierrez was the winner in the E-5-and-above category, and Miller took the honors for the E-4s and below. Both are members of the 102nd U.S. Army Reserve Command, St. Louis. Each was awarded the U.S. Army Meritorious Service Medal during the recognition ceremony. Gutierrez is assigned to the 901st Medical Detachment, Kirksville, Mo. Miller, a Simultaneous Membership Program participant, is assigned to the 3/75th Field Artillery Battalion, Springfield, Mo.

# Reservist Stops Typhoid in Korea

by Spec. 4 Steve Anderson

What started out to be a normal annual training period for **Spec. 5 Claire Evans** became very exciting—and a little scary.

Her unit, the 279th Engineer Detachment, Fort Missoula, Mont., was attached to the U.S. Army Facility Engineer Activity-Korea. It was given the job of constructing a second story on an existing aging building and renovating the first floor of another structure.

Things went well until typhoid broke out among soldiers in the field and Korean civilians.

Evans was appointed noncommissioned officer in charge of a team given the task of tracking down the source of the disease.

Spec. 5 Lawrence Stipe and Spec. 4 Steven Roney joined Evans in snooping the countryside for clues. The group tested water samples at several purification and distribution sites before discovering that the water in a civilian well near the town of Woenju was contaminated.

With the help of the 5th Preventive Medicine Unit and the 121st Evacuation Hospital, both Active Army outfits, the Reservists decontaminated the well, making the water fit for consumption.

Evans commented after the incident, "Aside from our tent blowing away, we really enjoyed doing what we did. We not only did what we were trained to do, but we helped a lot of people who otherwise would have been desperately ill. The support we received from civilian and military authorities was great."

You can bet that the authorities were tickled with the support from Evans and her team.

**Evans tests water sample in search of a typhoid epidemic's source in Korea. She led a team of Reservists which discovered a "culprit" well during her unit's Annual Training. She's assigned to the 279th Engineer Detachment, Fort Missoula, Mont.**

U.S. Army photo by Sgt. 1st Class David Skillman

# Slimp Gains Leverage with Soldier Skills

**Maj. Jack Slimp** of Manassas, Va., an Individual Mobilization Augmentee assigned to Fort Gordon, Ga., stands a chance of making a bundle—for playing games.

No, he didn't win the lottery. He didn't make a killing in the stock market. But, he invented a board game which he sold to a major American games manufacturer.

Slimp literally dreamed up the game one night, and wrote down his ideas when he awoke the next morning. Soon afterward he copyrighted the game which he calls **Leverage**, and arranged for its national distribution.

He says the game is one of "skill and suspense and is based on the laws of balance and force. It involves strategy and tactics which stimulate the decision making process and improve mental skills. That is certainly compatible with soldiering."

He says he has another game "almost ready for the final scrubbing." Slimp's military career includes a year in Vietnam and stints at the Pentagon.

**Gamesman Slimp ponders his creation.** U.S. Army photo by Bob Pratt

# Reservist Promotes Hygiene on Two Fronts

Hinesville Courier (Ga.) by Nancy Welch. Courtesy Hinesville Courier.

**Raudenbush dons "Muffy Molar" outfit to teach tots tooth care. Her civilian and Army Reserve careers revolve around oral hygiene.**

**Sgt. 1st Class Brenda Raudenbush** is what you might call the ultimate drilling Reservist. She's assigned to the 333rd Medical Detachment (dental), Savannah, Georgia. As a civilian, she's the Community Health Dental Specialist at Fort Stewart, Ga.

Teeth are her life.

"I love wearing two hats," notes Raudenbush. "One job complements the other. It's an ideal arrangement."

In her unit she's in charge of the 91E (dental specialist) qualification program. She comments that, "Sometimes people who've never had dental training are assigned to the 333rd in 91E slots. Sure, we make the effort to get every one of them formal schooling. But, we have to teach as much as we can through on-the-job training. I wish there was more time for OJT. Still, the work is rewarding."

During the school year Raudenbush can be seen donning her "tooth" suit. She uses it as an unusual aid in explaining the importance of brushing, flossing and fluoride rinsing to children attending the post's grade school. In costume she goes by the name "Muffy Molar" and "The Tooth Fairy."

"The teachers," explains Raudenbush, "are doing a good job of reinforcing the nutrition information I present to these kids. They're stressing the fact that good food—not sugary snacks—make for good teeth. But, it's frightening to see parents pay so little attention to planning nutritious meals. Everybody's going the fast food route."

Raudenbush conducts adult hygiene classes on post and works with patients with gum problems. She runs an oral cancer screening clinic at the post PX and even teaches dental health classes for children who attend schools in nearby Hinesville.

Raudenbush also conducts dental health-oriented pre-natal training at Fort Stewart's community service building.

There's always occasion to smile when military and civilian skills coincide; expertise and seemingly endless enthusiasm make Brenda Raudenbush's example particularly pleasant.

# Skills Testing is Changing

U.S. Army photo by Spec. 4 James Dowling

**Two members of the 340th General Hospital, New Haven, Conn., practice determining an azimuth with a compass. Map and compass use are tested as part of the new Individual Training and Evaluation Program (ITEP).**

Starting in November 1983, Army Reserve troop program unit soldiers' skills are tested in a new way. It's called the Individual Training and Evaluation Program, or ITEP, and replaces the familiar Skill Qualification Test (SQT) program.

The ITEP combines some of the SQT program's best features into a more comprehensive measure of Military Occupational Specialty (MOS) skill levels. A standard test of common skills and a commander's evaluation of "mission critical" skills are included in the ITEP.

So, unit soldiers can expect to be evaluated by three different methods: a new MOS-specific Skills Qualification Test, the Commander's Evaluation and the Common Task Test. Together these methods form the new ITEP.

The three evaluations should assist soldiers and their commanders identify weak skill areas more quickly and accurately. With the test data commanders can adjust training to help improve skills at both individual and unit levels.

### THE COMMANDER'S EVALUATION

Evaluation of mission critical skills allows the command chain to determine those Soldier's Manual tasks that have the most to do with a unit's mission—in other words, the responsibilities a unit would have in wartime.

Commander's Evaluations can be conducted any time, any place, anywhere. For example, they can be run while soldiers are participating in Army Training and Evaluation Programs. Or, they can be conducted while troops are taking part in battle drills and/or scenarios, field training exercises, Emergency Deployment Readiness Exercises, range firing or Nuclear/Biological/Chemical training.

### COMMON TASK TEST (CTT)

This is a standard hands-on test taken by soldiers in skill levels one through four. It evaluates training in basic survival and combat tasks. Each task has a written back-up test that is used as a substitute when equipment is unavailable. What's tested is taken from the Soldier's Manual of Common Tasks (SCMT), FM 21-2 dated Oct. 3, 1983). The results of the CTT are used to assess training progress and the overall effectiveness of unit training efforts. The CTT is administered every two years—or, more frequently, if necessary. Active Duty Guard/Reserve (AGR) enlisted soldiers will be given the CTT annually.

### SKILL QUALIFICATIONS TEST (SQT)

The new SQT is a written test which evaluates soldiers' MOS and skill level proficiency. An SQT notice is distributed 60 days prior to the test period, listing the tasks which will be evaluated. *Two thirds* of the tasks will be tested. The SQT is given to almost all Army Reserve troop program unit members, in levels one through four, every two years during a six-month test "window."

Presently the SQT isn't linked to the Enlisted Personnel Management System in the Army Reserve.

Under the ITEP, an Individual Soldier's Report (ISR) is issued, but only for the SQT. It contains a score and identifies tasks requiring additional training.

What records are kept on a soldier's performance? They are called Job Books. Maintained by supervisors, the books are used to formulate training schedules. However, the books are available only for *specific* MOS skill levels one and two. There are no separate Job Books for common tasks. However, as Job Books are revised common tasks will be listed in the MOS-specific Job Books. These books must be forwarded with a soldier's military records upon reassignment.

The ITEP will give commanders quicker and more useful information about a soldier's proficiency; it will also provide commanders and supervisors greater flexibility to manage training.

## RCPAC/ARPERCEN

**The Reserve Components Personnel and Administration Center (RCPAC) and the Army Reserve Personnel Center (ARPERCEN) are colocated in St. Louis. See the Fall 1983 issue.**

For Individual Ready Reservists, Army Reserve retirees without mobilization preassignments and Standby Reservists.

# What Would Happen If You Were Mobilized?

Mobilization is something no one hopes will happen.

However, if it did people would need information. That's the reason for the run-down on mobilization orders and Military Emergency Travel Warrants (METWs) you see here.

**If you are an Individual (non-unit) Ready Reservist, Standby Reservist or a retired Reservist without a mobilization preassignment—read on.**

### ORDERS AND TRAVEL

What would happen if "the balloon goes up?" Who would tell you that you were mobilized? What would you *see*?

The folks at the Reserve Components Personnel and Administration Center (RCPAC) in St. Louis would provide you with a mobilization order via Western Union Mailgram (there's an example shown in this section). They'd also provide you with a METW (also shown here). The order would tell you where and when to report; the METW would provide you with commercial transportation to your mobilization station *at government expense*. All you'd have to do is present the METW to a ticket agent and show that individual your order and a form of personal identification.

The METW would allow you to switch the kind, or "mode" of transportation needed to get you to your destination. For example, you could discover that it would take bus *and* rail travel to reach your mobilization station. The METW is made so that the ticket agents and the bus and train stations could detach and fill in their appropriate sections (first carrier, second carrier). The parts of the METW used by the agents would then be forwarded to the government for reimbursement.

### FACTS

When you received your mobilization order and took your first, long breath, your mind would probably start filling with questions.

"What do I take? Should I bring money? What about my family? Can I drive to where I'm supposed to go? What about my household goods?"

Let's talk about paperwork first. You'd report with your mobilization order, of course. You'd also bring some form(s) of personal identification (with your picture, if possible); it's realized that not everyone would have a military ID.

You'd also want to show up with:

- your immunization record
- proof of marriage (certificate)
- statement of physicians for children over 21 who are incapable of self support
- your children's birth certificates
- court orders governing legal custody (or guardianship), illegitimate children or child support
- recent 1" by 1½" photos for dependent ID cards—signatures of your dependents on the cards could be obtained by mail after you reported for duty
- retired Reservists would bring their most recent JUMPS-Army Retired/Annuitant Pay Statement (USAFAC Form 20-11)

Photocopies of any of these documents would be acceptable. You'd want to make sure that a photocopy of your mobilization order remained with your dependents. The order would be the only document *they* could use to reach *you*.

### YOUR FAMILY

No, your dependents would *not* be authorized to travel with you. You would *not* be allowed to ship your household goods to your mobilization station.

western union Mailgram

YOUR SOCIAL SECURITY NUMBER
YOUR NAME
1234 Generic Street
Anytown, Transyltucky 00000

YOU ARE ORDERED TO ACTIVE DUTY IN THE GRADE OR RANK SHOWN BELOW FOR THE PERIOD INDICATED IN ACTIVE DUTY COMMITMENT BELOW. IF A DATE APPEARS AFTER REPORTING DATE, REPORT ON THAT DATE. IF 'MEDIA ANNOUNCEMENT' IS INDICATED AFTER REPORTING DATE, REPORT AS DIRECTED BY MEDIA ANNOUNCEMENT.

REPORT TO: USAG-AG
FT BENNING
FT BENNING GA 31905

UIC: 7UTO6

ACTIVE DUTY COMMITMENT: DURATION PLUS 6 MONTHS
ORDER NUMBER: M-09-000001
REPORTING DATE: MEDIA ANNOUNCEMENT
PURPOSE: MOBILIZATION
AUTH: 10USC 672-675, 677, 688
FORMAT: 156

ORDER DATE: 25 SEP 83
FOR ARMY USE:
COMP: INDIVIDUAL READY RESERVE
MOS/SSI: 11A415E00
RES/RET GRADE: CPT
MDC: 1AO

ADDITIONAL INSTRUCTIONS: A. REPORT ON DATE INDICATED OR AS DIRECTED BY MEDIA (RADIO, TV, NEWSPAPER) ANNOUNCEMENT. A DETERMINATION TO DELAY OR EXEMPT ONE FROM SERVING ON ACTIVE DUTY CAN BE MADE ONLY AFTER YOU REPORT AS DIRECTED. FAILURE TO REPORT MAY BE CONSIDERED ABSENCE WITHOUT LEAVE (AWOL) AND MAY SUBJECT YOU TO ACTION UNDER TITLE 10USC886. B. BRING WITH YOU ALL SERVICEABLE UNIFORMS, PROOF OF MARRIAGE, LEGAL CUSTODY, IMMUNIZATION RECORD, DD 214, AND IDENTIFICATION TAGS. C. TRANSPORTATION OF DEPENDENTS AND HOUSEHOLD GOODS IS NOT AUTHORIZED BEFORE YOU REPORT FOR DUTY. D. THE INCLOSED TRAVEL WARRANT SHOULD BE USED TO OBTAIN TRANSPORTATION AT GOVERNMENT EXPENSE. TRAVEL BY PRIVATELY OWNED VEHICLE IS NOT AUTHORIZED EXCEPT FOR RETIRED OR IMA/MOBDES PERSONNEL.

THIS ORDER SUPERSEDES ANY PREVIOUSLY ISSUED ORDER EFFECTIVE ON YOUR REPORTING DATE CONTAINED HEREIN OR AS DIRECTED BY MEDIA ANNOUNCEMENT.

BY ORDER OF THE SECRETARY OF THE ARMY

**********
* TAG, RCPAC *
* OFFICIAL *
**********

RONALD W. ZELTMAN
BRIGADIER GENERAL, USA
COMMANDING

**A SAMPLE: Your mobilization order would look like this. Note that the document mentions media announcement of mobilization.**

DEPARTMENT OF DEFENSE
MILITARY EMERGENCY TRAVEL WARRANT
ATTN: USAFAC; ATTN: FINCH; INDIANAPOLIS, IN 46249

INFORMATION FOR CARRIER AGENTS: CERTIFIED AS ESSENTIAL TRAVEL. UPON PRESENTATION OF THE MOBILIZATION MAILGRAM ORDER, WITH MILITARY EMERGENCY TRAVEL WARRANT ATTACHED, AND UPON VERIFICATION OF TRAVELER'S IDENTITY, THIS WARRANT AUTHORIZES YOU TO ISSUE A BUS, TRAIN OR AIRPLANE COACH TICKET TO THE PERSON NAMED BELOW FROM YOUR LOCATION TO OR TOWARD THE DESIGNATED DESTINATION. THROUGH TICKETING IS REQUESTED WHENEVER POSSIBLE. DO NOT HONOR EXPIRED WARRANTS OR THOSE SHOWING ERASURES OR ALTERATIONS. WARRANTS EXPIRE 30 DAYS FROM DATE OF ISSUE. PLEASE COMPLETE APPROPRIATE SECTION BELOW AND RETAIN FIRST OR SECOND CARRIER RECEIPT.

A000001

TRAVELER:
FROM: ----------
DESTINATION: FT BENNING GA 31905

FIRST CARRIER: NAME: ---------- TICKET VALUE: ----------
FROM CITY: ---------- TO: ---------- TICKET NO: ----------

SECOND CARRIER: NAME: ---------- TICKET VALUE: ----------
FROM CITY: ---------- TO: ---------- TICKET NO: ----------

DD FORM

TRAVELER MUST RETAIN THIS SECTION FOR FILING WITH TRAVEL VOUCHER

********** SECOND CARRIER AGENT DETACH HERE **********

MILITARY EMERGENCY TRAVEL WARRANT
**CARRIER SUPPORTING DOCUMENT FOR TICKETING AND BILLING**

SECOND CARRIER AGENT: FOLLOW ABOVE DIRECTIONS AND RETAIN THIS SECTION
TRAVELER: JAMES M BOWER, 462-11-4456, CPT, US ARMY A000001
CARRIER: ---------- TICKET NO. & DATE OF ISSUE: ----------
TRAVEL FROM: ---------- TO: ---------- TICKET VALUE: ----------
BILL CHARGES TO: USAFAC; ATTN: FINCH; INDIANAPOLIS, IN 46249
FISCAL DATA: 1A04
SIGNATURE OF TRAVELER: ---------- DD FORM

********** FIRST CARRIER AGENT DETACH HERE **********

MILITARY EMERGENCY TRAVEL WARRANT
**CARRIER SUPPORTING DOCUMENT FOR TICKETING AND BILLING**

FIRST CARRIER AGENT: FOLLOW ABOVE DIRECTIONS AND RETAIN THIS SECTION
TRAVELER: JAMES M BOWER, 462-11-4456, CPT, US ARMY A000001
CARRIER: ---------- TICKET NO. & DATE OF ISSUE: ----------
TRAVEL FROM: ---------- TO: ---------- TICKET VALUE: ----------
BILL CHARGES TO: USAFAC; ATTN: FINCH; INDIANAPOLIS, IN 46249
FISCAL DATA: 1A04
SIGNATURE OF TRAVELER: ---------- DD FORM

**A SAMPLE: Here's what a Military Emergency Travel Warrant (METW) would look like. It would get you to your mobilization station at government expense.**

### WHAT TO BRING

You would bring all your serviceable uniforms plus a few changes of underwear and toilet articles. You could *not* bring your car. The only Army Reservists who could drive would be Individual Mobilization Augmentees and retired Reservists who possessed mobilization preassignments.

### PHYSICAL AND HARDSHIP PROBLEMS

If you requested a delay in or exemption from active duty, you could do so only *after* reporting as ordered. In the event that you were physically incapacitated to the extent that made reporting impossible, you would have to provide the mobilization station commander with medical documentation supporting your situation.

You'd get an advance partial payment soon after your arrival at your mobilization station. However, it would be wise to report with enough cash to cover expenses for several days.

* * *

Again, the information here is meant for Individual Ready Reservists, Standby Reservists and retired Reservists who don't have mobilization preassignments.

However, there *are* things *all* Army Reservists and their families can think about now that would make mobilization—if and when it occurred—less hectic. Here's a quick reference list of things you might want to gather:

## A Family Mobilization Checklist

- **an updated will**
- **copies of birth certificates for the entire family**
- **certified copies of your marriage license or certificate**
- **names, places and dates of birth of your parents and spouse**
- **a list of your previous residences**
- **names, addresses and dates of attendance at civilian and military schools**
- **a list of insurance policies, with premium due dates**
- **titles of real property and automobiles**
- **bank names and addresses, with account and safety deposit numbers**
- **three years' worth of income tax records**
- **a record of past illnesses with names and addresses of physicians and hospitals**
- **power of attorney(s)**
- **death certificates (copies), divorce or annulment decrees terminating any of you or your spouse's previous marriages**
- **a list of fraternal and social organizations with their membership benefits**
- **magazine subscriptions (presumably to be cancelled upon mobilization)**

# Unit Troops Train IRR Soldiers in Basics

by Maj. Marc Benezra

**Trainer and student load a 50 caliber machine gun. Individual Ready Reserve volunteers spent nearly 40 hours brushing up on weapons use during their two-week training at Camp Atterbury, Ind.**

U.S. Army photo by Spec. 5 Dennis Clark

A highly unusual event took place recently at Camp Atterbury, Ind. Two groups of people, each a stranger to the other—but, part of the *same* organization—engaged in a common training effort.

They represented the two "halves" of the Army's Ready Reserve.

Troop program unit members from elements of five Major U.S. Army Reserve Commands provided combat skills training; and transportation, mess, medical, and uniform support; and security. In short, the unit troops practiced their wartime jobs.

And, 105 Individual Ready Reserve (IRR) junior grade infantrymen from across the U.S. received the refresher training.

Unit Reservists rarely, if ever, meet sizable numbers of Individual Ready Reservists. In fact, many unit members may not know that the IRR exists. Yet, in wartime IRR troops would serve as combat fillers in Army Reserve, Army National Guard and Active Army outfits. The IRR is what the Defense Department calls the "pretrained manpower pool." Without this pool—and the opportunity to keep its members' skills sharpened—units would suffer.

## ST. LOUIS

The 105 IRR volunteers signed up for the training through full-time career counselors (NCOs) assigned to the Reserve Components Personnel and Administration Center (RCPAC) in St. Louis. In fact, the training concept—never before attempted—was developed at RCPAC.

The troops began arriving on a Friday afternoon at Indianapolis Airport. From there they traveled to Camp Atterbury by—what else—2½-ton trucks driven by the 685th Transportation Company, Lake Station, Ind.

When the soldiers pulled into Camp Atterbury two hours later, they received complete sets of individual equipment and weapons, as well as clothing. Each troop was also issued three sets of the Battle Dress Uniform (BDU) with name tags and patches already sewn on by the 1008th Field Service Company of St. Louis. Then, everyone made a short trip to the barber shop.

All this may sound like new re-

### Selling Tours

"Howdja like to spend two weeks being an infantry soldier?"

It takes quite a salesman to be able to close a deal that opens with a pitch like that—but that's exactly the challenge combat arms career counselors in St. Louis faced when they were told to find junior grade Individual Ready Reserve infantrymen for the Camp Atterbury training.

It was not an easy job. RCPAC officials estimate that no more than one in 10 or 12 IRR members contacted were interested in taking the training. But, they say, the lure of taking solid infantry field training was the selling point that convinced the Reservists who signed up. Weapons firing, grenade throwing and general field soldiering were an alternative to what a lot of men were doing at home. And, the training helped qualify soldiers for a "good" year for Reserve retirement purposes.

Many of the volunteers liked what they saw at Atterbury. A number were promoted while they were on post, some chose to reenlist, while others inquired about joining Army Reserve units when they got back home.

**IRR volunteers line up for chow in the field, Camp Atterbury, Ind. Their two-week stint, run by the USAR's 70th Division (Training), marked a successful experiment; unit troops trained their IRR colleagues in basic soldier skills.** U.S. Army photo by Spec. 5 Dennis Clark

cruits' first day. However, the perception at Camp Atterbury was different.

"These students are not basic trainees," notes Maj. Steve Dodds. Dodds, charged with organizing cadre and planning the two-week program, is a member of the 70th Division (Training), Livonia, Mich. (the 70th shouldered the heavy responsibility of conducting the pilot training endeavor).

From the outset, the volunteers were treated as professional infantrymen.

#### WORK

Saturday began with physical training. Most of the soldiers arrived in good condition and seemed to enjoy the calisthenics and the two-mile run. There was a serious purpose for the exercise: at the end of the two weeks, each individual took the Army Physical Readiness Test.

Dodd's seasoned trainers and drill sergeants provided instruction on basic, "hands-on" tasks, the things soldiers must be able to do in the first days of combat. Each troop was tested on each task. If he performed successfully he moved on to the next station. If not he was given additional instruction until the task was mastered. Once a soldier received a "GO" he reinforced his skill by assisting those who were less proficient.

Refresher training in first aid; land navigation; radio communications; camouflage techniques; and nuclear, biological, and chemical warfare protection procedures proceeded in this manner.

There were nearly forty hours of intensive weapons training. Each soldier qualified with an M-16 rifle and became familiar with the M-60 machine gun, the .50-caliber machine gun, the M-203 40mm grenade launcher and the M-72 Light Anti-tank Weapon (LAW).

On Tuesday of the second week the IRR soldiers met their toughest challenge—a night tactical march and land navigation exercise. By this time in the cycle, Dodd's cadre had molded the students into a high-spirited company. The troops maintained the formation and tactical security on the chilly, rainy, difficult course. They even repulsed an unexpected "ambush" encountered about midnight.

One-day laundry service was made available by the 775th Field Service Company, Fort Snelling, Minn. The 592nd Personnel Service Company, St. Louis, made dog tags for every Reservist associated with the training. The 601st MP Battalion, Fort Wayne, Ind., provided security throughout the cantonment area and conducted personal property inventories when necessary.

It was largely through the efforts of the command sergeants major of the following five Major U.S. Army Reserve Commands that the unit support was made possible: The 70th Division (Training), the 123rd Army Reserve Command, the 102nd Army Reserve Command, the 103 Corps Support Command and the 300th MP Brigade.

The dining facility, run by the 70th, drew the loudest praise. Three hot, appetizing meals were served every day; there was even soup to warm the troops following nippy night exercises. One soldier, with active duty experience in the 82nd Airborne Division, exclaimed, "The chow's great!"

The program ended with an awards ceremony. Each IRR student received a graduation certificate. Seven reenlisted and 19 were promoted. And, there was no question that this innovative training approach—having Reserve unit soldiers teach their Individual Ready Reserve colleagues—refreshed everyone's basic skills. It's hoped that the pilot project will become a regular affair.

# What Benefits Do You Get for Training Injuries?

The article in the Fall 1983 *Army Reserve Magazine*, "A Fitness Plan for YOU," brings up some important questions on health care benefits authorized for Army Reservists during drill weekends, (Inactive Duty Training, or IDT), Annual Training (AT), Active Duty for Training (ADT), and Initial Active Duty for Training (IADT).

## ON YOUR OWN TIME

The key to physical fitness is the personal commitment of each Army Reserve troop program unit member. Much of your physical training must take place on your own time. Except for periods of IDT, AT or ADT you are not eligible for any health care benefits or compensation if you are injured while you prepare for the Army Physical Readiness Test (APRT).

**However, a good individual program which improves cardiorespiratory fitness, muscular fitness and flexibility should go a long way in reducing your risk of injury during the APRT.**

## DURING TRAINING

The chart on the opposite page will tell you if you are eligible for health care benefits. You are not covered for disease which is manifested during IDT. This means that follow-up medical care, incapacitation pay disability benefits could be denied you if you had a heart attack during IDT; a heart attack is usually determined to *be* a disease. This is one reason why Army Reserve commanders must stress the importance of the over-40 screening requirement for unit members.

What actions should be taken if you suffer an injury during authorized periods of training? Of course, the first thing to be done is to provide you with emergency medical care at the nearest medical treatment facility—preferably a military facility.

But, problems start there. Most of the correspondence received by the Department of the Army from those members who experience delays in processing follow-up medical care and allowances, non-payment of civilian medical bills and problems with disability separation results from what happens at the medical treatment facility; **"line of duty" papers must be initiated at the facility.**

## PAPERWORK

The one document that everyone wants to see following emergency medical care is the Statement of Medical Examination and Duty Status, DA Form 2173. This form is used for formal or informal line of duty documentation of your injuries.

A properly completed DA Form 2173 will serve as the primary source of (legal) information in determining the extent of medical treatment, settlement of civilian claims and pay and allowance entitlements during and after the termination of training duty.

The primary **responsibility** for insuring the proper completion of a line of duty determination rests with the unit commander. Timely initiation of DA Form 2173 is the key. When initial medical treatment is rendered by a civilian medical treatment facility the unit will furnish the DA Form 2173 to the attending physician for completion of Section I. Military facilities should have the form on hand and will complete Section I. Subsequent processing is outlined in AR 600-33.

You should get and keep copies of completed documents reflecting the line of duty determination. It will be to your advantage to maintain a personal file of official papers, correspondence, notes—anything which has to do with any injury you suffer on IDT, IADT, AT or ADT. You should also hold on to the paperwork which relates to diseases you contract curing AT, IADT and ADT.

## MORE INFORMATION

Information on health care benefits, continuation pay and allowances, disability separation and required documentation can be found in: AR 40-3, AR 635-40, AR 600-33, AR 37-104-3, AR 37-104-10 and AR 135-200. A complete review of health care benefits associated with Army Reserve duty is planned for a later issue of the *Army Reserve Magazine*.

# POLICY

| | Should I prepare for or take the APRT? | | What if I'm hurt? | | | | The worst case | |
|---|---|---|---|---|---|---|---|---|
| | | | Health Care Benefits | | | | Survivor Benefits | |
| | | | Injury | | Disease | | | |
| | APRT PREP | APRT | IDT | AT/ADT | IDT | AT/ADT | IDT | AT/ADT |
| UNDER 40 | YES | YES | YES | YES | NO | YES[1] | YES[2] | YES |
| OVER 40<br>No screen/pending results of screen | At current level only | NO[3] | YES | YES | NO | YES[1] | YES[2] | YES |
| OVER 40<br>Passed screen | YES | YES | YES | YES | NO | YES[1] | YES[2] | YES |
| OVER 40<br>Screened/referred for stress test | NO[4] | NO[4] | YES | YES | NO | YES[1] | YES[2] | YES |
| OVER 40<br>Passed stress test | YES | YES | YES | YES | NO | YES[1] | YES[2] | YES |
| OVER 40<br>Stress test reveals need for further diagnosis or treatment[5] | To be determined by attending military physician | | YES | YES | NO | YES[1] | YES[2] | YES |

**REMARKS**

1. **Diminished benefits for ADT of 30 days or less**
2. **No Dependent Indemnity Compensation**
3. **4-mile march in lieu of APRT**
4. **To be determined by attending military physician**
5. **Further clinical diagnosis/treatment responsibility of individual Reservist**

# Europe:
# Army Reserve Role Gets Bigger

by Lew Brodsky

There is no MOS awarded by the Army for milking cows. But that didn't stop farm-worker Karen Christiansen from enlisting in the Army Reserve a little more than a year ago.

The 20-year-old Michigander, who works on a dairy farm, joined the 180th Transportation Company, Grand Rapids, Mich., and learned how to milk top performance from a herd of five-ton Army trucks.

"I asked for maintenance. The training slots were open and I decided to go for it. Now I'm trained as a mechanic." And, she's a private first class.

That was an enormous career step. But, recently Christiansen experienced an even larger culture shock. Her unit was sent to train overseas and she and other members of the 180th spent two weeks in The Netherlands and West Germany.

"When I joined up, I never thought I'd be fixing trucks in Europe."

Christiansen's unit was one of nearly 300 Army Reserve units that sent members overseas in fiscal year 1983. In all, about 8,000 Army Reservists engaged in Overseas Deployment Training, or "ODT," this past year—a record number. For most participating Reservists, it was how they spent their two weeks of Annual Training.

## EARLY DEPLOYING UNITS

Units selected for ODT are usually those needed early in war plans. They generally have a high priority for call in any future mobilization and their training is conducted in overseas areas where they may have to serve when deployed in a conflict. Often, because of budget limitations, only "cells" of units perform ODT, usually key officers and NCOs. Lately, however, many high-priority company-size units are being sent to perform combat support and combat service support missions for overseas exercises.

## REFORGER

The 180th TC Company is a good example. It was assigned a mission in the annual REFORGER exercise . . . REturn of FORces to GERmany . . . to support the Active Army's 28th Transportation Battalion.

"It was phenomenal how much effort went into this," said Capt. Steve Smith, 180th commander. "In the past six months we probably did more work than in the past three years. Long before the trip, we prepared, and refined, and tried to ask ourselves all of the questions that could possibly be asked, trying to cover everything that could go wrong."

Smith praised the experience for its realism. "For us, this was a true mobilization exercise. This is what we would do, with some minor changes, if we went to war."

The unit sent two increments to REFORGER last September, drawing its members from headquarters in Grand Rapids and from a detachment in Fort Wayne, Ind. Altogether, 126 Reservists went, travelling in cramped Air Force C-141 cargo jets from Selfridge Air Force Base near Detroit. There were only four small cabin windows. Passengers felt like sardines dressed in BDUs. Movement around the cabin was impractical, sleep nearly impossible.

After a refueling stop in Goose Bay, Labrador, the first increment landed at Schiphol Airport, near Amsterdam, The Netherlands. Total travel time was about 15 hours.

## THE WEATHER

"It was over 90 degrees in Michigan when we left," remembered Spec. 5 Larry Duzan, who drives five-tons for the 180th. "In Goose Bay, three hours later, it was 45 degrees."

Holland and Germany weren't much warmer. The unit was greeted by a driving rain storm that seemed to linger in Western Europe for the next nine days. Temperatures stayed in the 50s.

Christiansen, Duzan and the others began seeing Europe from the ground up. They spent their first night in a rain-soaked field, camped in shelter halves. It was a rather unglamorous introduction to the Dutch countryside, but these were the conditions they might experience in a real deployment.

## DELIVERY

The heavy equipment for Re-

**Annual Training in West Germany (during REFORGER '83) represented Pfc. Karen Christiansen's first foreign travel. She's assigned to the 180th Transportation Company, Grand Rapids, Mich.**

U.S. Army photos for this story by Lew Brodsky

**U.S. Army drivers assist in unloading vehicles used in REFORGER '83. Vehicles were shipped to European ports (Vlissingen, The Netherlands is shown) where "owning" Active, Guard and Reserve units picked them up for use during the exercise.**

serve units training in REFORGER was furnished in two ways. Units needed earliest in a war practiced drawing their organizational equipment from warehouse sites once they arrived overseas. This arrangement is called POMCUS—Prepositioning of Materiel Configured to Unit Sets. It allows the units to move quickly from the U.S. to assigned overseas missions without having to ship equipment

Other units, like the 180th, did not use POMCUS. For REFORGER, as in mobilization and deployment, they shipped their trucks, jeeps and wreckers to a European port aboard vessels controlled by the Military Traffic Management Command (MTMC).

This is why the 180th first went to Holland. More than 20 five-ton trucks, wreckers and spare parts belonging to the unit had been shipped a few weeks earlier from a U.S. terminal, and they arrived in the Dutch port of Vlissengen, shortly after the unit members arrived. Within a few hours of ship unloading, the Reservists formed their vehicles into convoys, performed necessary maintenance, and departed for Hamm, West Germany, where they would begin support of the 28th Trans. Bn.

"The Dutch police were super. They lead our convoy and followed behind us," said driver Duzan. "We also had tremendous support from the Dutch Army. Everytime we asked for something, they gave it to us . . . shelter, heat, everything we needed. They really stuck with us."

## GERMANY

Their long- and short-haul missions for the 28th began soon after arrival at the place the unit would call home for the next five weeks, an inactive British kaserne in the small West Ger-

**Looking like sardines dressed in battle uniforms, Army Reservists deploy to Europe aboard Air Force C-141 "Starlifter" cargo jets. The cramped trip from the U.S. takes about 12 hours, including a refueling stop.**

**The 180th lands in Holland, greeted by Dutch military officials.**

**Pfc. Karen Christiansen replaces a wheel bearing on one of the 180th Transportation Company's trucks in Hamm, West Germany.**

man city of Hamm. In spartan surroundings, the 180th worked with its Active Army counterparts, kept its vehicles in good shape, fed and housed its unit members, and proved it could function well and keep morale high in a realistically simulated wartime environment.

Many transportation missions later, at the end of the second increment's two weeks, the whole deployment process was reversed. The unit redeployed to its home stations in Grand Rapids and Fort Wayne. Its soldiers once again became citizens, returning to their civilian lives in mid-America. The trucks, wreckers and spare parts were all shipped home.

Karen Christiansen went back to milking cows.

"We hauled 270 tons of cargo and drove a total of 53,000 miles in ten days. We're much better off than we were," noted Capt. Smith.

## OTHER UNITS

Among the various types of Army Reserve units participating in ODT during 1983 were special forces, engineers, chemical detachments, ordnance and military police. They served in Holland, West Germany, Belgium, Italy, Norway and the United Kingdom, as well as Korea, Japan and Iceland. There were several transportation companies, like the 180th, plus medical units, medical supply outfits, supply and service organizations, support groups and logistical command and control headquarters elements. As Smith noted, for each Reservist, the hours were long, the work was hard and the responsibilities were enormous. There was little opportunity to enjoy the sights and sounds of Europe; 18-hour workdays were common.

Army planners say 1983's record number of Army Reserve participants will not stay a record for long. In fiscal year 1984 nearly 400 units or cellular portions of units are scheduled to be involved in ODT. Continued growth is anticipated in future years, but it's too early for Army planners to say how much.

But, one thing is certain. As large numbers of Army Reserve units perform practical training in areas of potential deployment, the readiness of the Total Army is substantially improved.

**Army Reserve troops spend their first night in a rain-soaked Dutch field. Rain was the Reservists' constant companion during the two-week REFORGER '83 participation.**

## THE USAR IN GRENADA?

AS THIS ISSUE WENT TO PRESS, IT WAS REVEALED THAT ARMY RESERVISTS WITH CIVIL AFFAIRS SKILLS WERE DEPLOYED TO GRENADA. HAVING ACCEPTED VOLUNTARY CALLS TO ACTIVE DUTY, THEY ASSISTED LOCAL CIVILIAN AUTHORITIES ON THE ISLAND BY ASSESSING AND HELPING TO REPAIR BATTLE DAMAGE, RESETTLING REFUGEES AND MORE.

LOOK FOR THE GRENADA STORY IN THE NEXT ARMY RESERVE MAGAZINE.

M-73½ Spud (combat, utility). If your unit is authorized one of these gadgets, how does it get it?

# Getting the Right Stuff

Helping Ourselves

# Where Do Supplies Come From?

by Capt. Bob Pratt

"What am I gonna do with a M-73½ Spud (combat, utility)? Are we authorized to have one of these? Does it come with its own trailer?"

Despite our poking fun at the way the Army designates its equipment, the questions here are similar to those asked constantly by Army Reserve unit supply NCOs and officers. How do units know what equipment is needed? How do units know that what they've requested will- or won't-be forthcoming?

It helps to have some knowledge of the way the supply system works—complicated as that system may seem to be.

## MONEY IS EVERYTHING

Everything a unit is authorized may not be affordable. The Army has only so many dollars it can spend for equipment and supplies throughout the Army Reserve, the Army National Guard and the Active Army (check the companion article in this section).

However, there are facts to know and jobs to do which help keep a unit's supply "ship of state" sailing smoothly; that's why we've written this article.

## WHY WIDGETS GO WHERE

What decides what kinds of equipment your unit gets?

The key is the job, or mission your unit has. Pretend for a moment that you're assigned to an Army Reserve MP outfit (if you *are*, fine). It takes so many people and so many things for a MP unit to function.

The people and things are reflected on what's called a Modified Table of Organization and Equipment (MTOE). *This* is what says that your unit can have certain numbers of soldiers who possess specific Military Occupational Specialties (and officer Specialty Skill Identifiers) *and* certain quantities of equipment peculiar to the unit's mission. So, the MTOE (some units are based on Tables of Distribution and Allowances, or TDA) is the unit's *authorization document*.

There are other documents which allow units to have equipment. For instance, Common Tables of Allowances (CTA) authorize every soldier to have a helmet and uniform items. Other examples are technical manuals, which may authorize units to have special tools needed to fix special equipment.

## REQUESTS

*All* equipment must be requested if it is to be received!

Where does a unit's request (DA Form 2765-1) go? The first stop is the unit's Major U.S. Army Reserve Command (MUSARC).

Then the request is forwarded to the appropriate Supply Support Activity (usually an installation).

If the installation doesn't have the requested item, then a special kind of request, called a MILSTRIP requisition, is forwarded to the item's supply source. The source is called the item manager, and it's the manager's responsibility to fill requests for and keep an eye on that one item for the Total (entire) Army. Note that many requests are literally filled by computer; the paperwork sent forward must be filled out *properly*.

As the request makes its way up the chain those who review it have information at their fingertips which details how many of each widget the Total Army requires. This information is compiled from every MTOE and TDA and from annual procurement information.

Will a unit's request be filled by the item manager? He may have to issue a substitute item if he doesn't have the requested widget readily available.

In any event, what the unit gets depends primarily upon when the unit would deploy during a mobilization. The sooner the unit would ship out, the higher its supply priority becomes in peacetime. The basis of this arrangement is called, not surprisingly, the Department of the Army Master Priority List, or DAMPL.

## HELPING OURSELVES

Your unit's supply folks have to contend with gobs of ever-changing information.

Sometimes the MTOE is revised, and the revision can alter the kinds of equipment your unit is authorized to possess. Or, supply bulletins, particularly SB 700-20, may contain the news that an item your unit thinks it should have has been eliminated from the Army's inventory.

- **This is why it's essential that a full library of applicable publications be maintained and read by supply staffers.** The first part of a MTOE usually contains a laundry list of technical manuals and other material which explain more about what equipment is authorized.

Frequently a unit receives paperwork (Due-Out-To-Unit listings, status cards, Continuing Balance System Expanded reports, etc.) which reflect what the Army *thinks* is happening to unit requests. It's important for unit staffers to respond to this material and tell "the system" what's *actually* going on. Otherwise, the potential for paperwork screwups is enormous, as the companion article explains.

- **In short, it's important to answer the mail!**

What happens when the unit discovers it may *not* be getting requested equipment? What happens when it's realized that the widget asked for will be replaced by an improved version never seen?

The commander may have to change drastically his unit's training to accommodate the change in the supply situation.

- **Commanders have to be told about equipment changes.**

Again, supply NCOs and officers have to handle heaps of information. No one should have to deal with all the facts, procedures and changes in a vacuum—continuing supply education is a must.

Formal schooling is desired. But, on-the-job training, weekend supply seminars—even correspondence courses help.

- **The lack of supply education is a major ingredient in the chemistry of failure.**

(Processing the paperwork correctly and thoroughly is just, if not more, important than the education.)

Do these steps sound like *homework*? We hope they do. Hats off to those who take them seriously.

Money

# Why the Cupboard Is Bare (sometimes)

by Maj. Art House

A basic fact of life in the Army Reserve is that—when it comes to supplies and equipment—you don't have everything you need or want. Why not? As stated in the companion article, money is everything, and there is never enough in the defense dollar pot to fully equip every unit, Active or Reserve, with everything. But, there's a bit more to it than that, and there are a number of reasons why you sometimes come up shorthanded.

## GO LATE, GET LATE

Active and Reserve Component units are issued major end items of equipment based on the unit's MTOE and deployment priorities. In other words, the hotter your mission, and the hottest of these missions involve the Central Command and Europe, the better crack at getting your stuff. Because money is everything, and the Army gets only so many dollars a year, it rigs the system to give priority to units that would go to battle first or undertake a top training mission in the U.S.

Look at it this way: suppose the Army supply system had just two new, fantastic laser weapons that could burn big holes through enemy tanks. Let's also suppose that there were three antitank units authorized to have one of these gadgets. Then make believe that an Active Army unit, an Army National Guard unit and an Army Reserve unit were involved. When these units submitted their requests, the inventory manager would fill the orders after checking out information based on the outfits' deployment priorities. Those priorities would come from a document called the Department of the Army Master Priority List (see the accompanying article for more on the list—or DAMPL, for short).

Let's say this information said that the Guard unit would deploy first, the Reserve unit next, with the Active Army going later still. If the system worked the way it's supposed to, the Guard and Reserve units would get the snazzy lasers; the Active unit would have to wait until more were available—and hope that no other higher priority units needed them then.

'Twas not always so. Once upon a time the least important Active unit could expect its stuff before the hottest Reserve unit of the same type. No longer. Major items of equipment are issued now based on the requisitions actually received and the unit's priority, without regard to component. If the Army Reserve unit submitted the only valid requisition, it could receive the item. What was available would be issued . . . it wouldn't be held back to support units who hadn't submitted their requisitions.

So, that's perhaps the most important reason why you may not get what you need to do your mission: your unit may be too low on the totem pole in terms of when it would mobilize.

But, and it's a big but, *there are exceptions*. Many Army Reserve units have stateside missions. They wouldn't deploy at all, but would stay in the states (or, "employ") and perform critical missions here.

Who, for instance, would train new soldiers in an emergency? It would be Army Reserve training divisions, which would fall in on existing training posts, or provide the staffs for new ones. They wouldn't ship overseas at all, and so have a high, medium or low priority.

How do they get their stuff?

Easy. They receive equipment in the same way as everyone else—*but the Army makes exceptions for training needs*. Equipment can be and many times is issued "out of DAMPL priority," according to a logistician at the Office of the Chief, Army Reserve.

So, if you can't get your equipment because your priority is low, you still might get it if your training needs are strong enough.

The DAMPL isn't the only source of mission priority. Another, a code called Force Activity Designator (FAD), also assigns requisitioning oomph to high priority units. Each unit is assigned a requisitioning priority number that relates to its FAD. The number categorically boosts requisitions above those of units with less important missions. However, it's the unit with a valid requisition that can compete for equipment. No requisitions—no supplies.

## LOCAL BUCKS MAY BE FEW

We've just talked about some problems, based on priorities, that units face when they try to get major items of equipment, called "Class VII." Smaller items, things like sandbags, typewriters and filing cabinets may be in short supply for another reason: lack of local funds.

Unlike big trucks, cranes, water purification units and other Class VII items (things Army Reserve units use, bought at the Department of the Army level), smaller "consumable" items must be purchased with funds budgeted way down the chain of command. For most Reserve units, these smaller items (termed "stock fund" in everyday language) are purchased by the unit's Army Reserve Command or General Officer Command (ARCOM or GOCOM). The command has to budget for purchases of stock fund items, and it has only so many dollars to spend each year out of its operating budget.

Many basic items of unit equipment are stock fund purchases, and though a unit may be authorized to request them, it won't get them all if its ARCOM or GOCOM doesn't have the money.

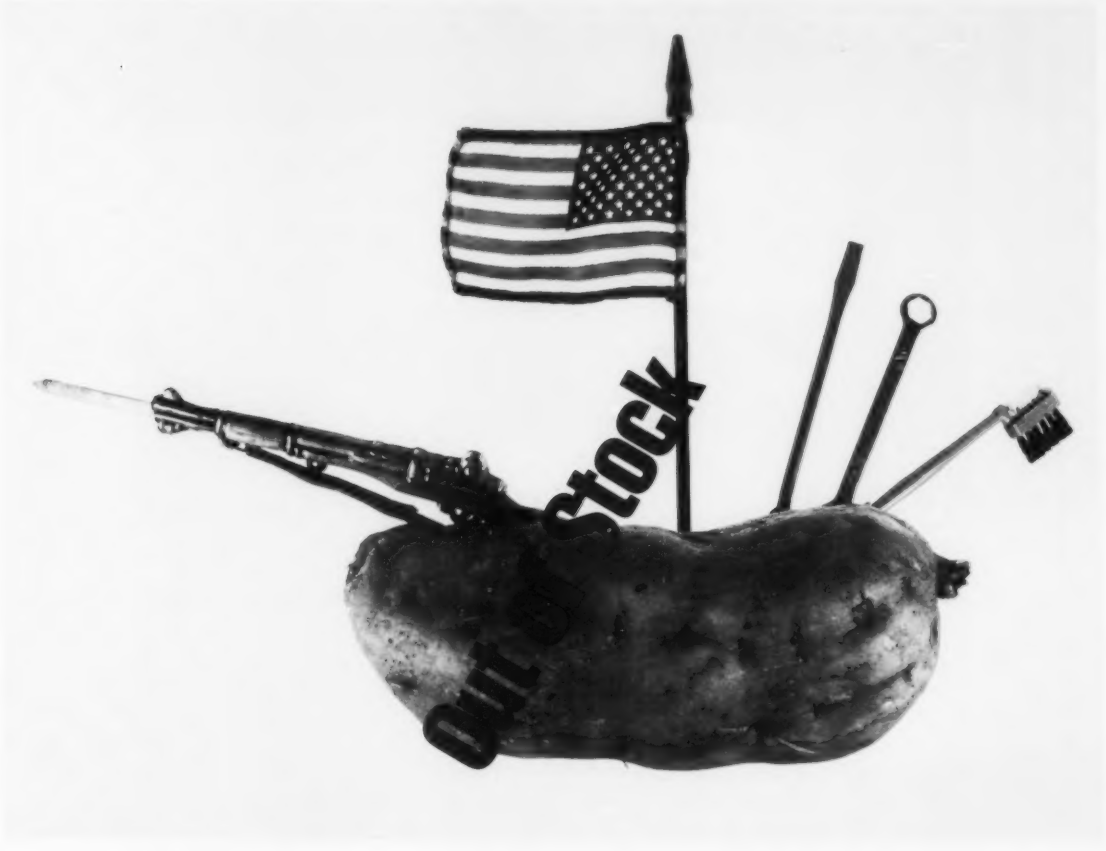
## READ THE PAPER

The basic authorization document is the unit's Modified Table of Organization and Equipment (MTOE—see the related story). But, it's a far cry from the only one. Unless unit supply people go digging through the others, and follow up, your outfit won't have all it's entitled to have.

The Common Table of Allowances spells out things such as how much organizational clothing and how many helmets and tents your unit is authorized per person, and how much and what type of dining facility equipment your organization can have.

Another problem is that the other documents—not all of which are faithfully read and reacted to—change the authorizations in your unit's MTOE.

A good example is Army Supply Bulletin 700-20, which "scrubs" the supply system twice a year. It *regularly* updates Line Item Identification Numbers, or LIIN. If your unit supply people




don't go digging through 700-20 with a fine-toothed comb—and then bounce it off the MTOE and the unit's request—they'll miss things.

For instance, a supply staffer might have ordered an M-4 widget, properly authorized by the MTOE. But, along comes 700-20, which changed the LIIN to a copy of an M-3 widget instead. Bang: if you're waiting on the M-4, don't hold your breath. The request may well rebound.

Technical manuals, issued to help people maintain equipment, also contain "hidden" authorizations, such as special tools needed to repair a modified version of a standard Army aircraft.

Another source of authorizations are DA Pams. This series allows a unit to have, among other things, its basic load of spare parts, called the Combat Prescribed Load List.

Still another source is Army Pamphlet 310-1, a quarterly index of publications. Some pubs shown in 310-1 may have been revised or dropped since the last issue; of those pubs include ones which authorize you certain equipment or supplies, their revision or elimination will change the authority to acquire the things you need.

## PUTTING IT TOGETHER

So, there are three kinds of problems that prevent you from having all the equipment you need to perform your mission:

- **Your unit's mission may not be of the highest priority.** There isn't much you can do about that.
- **Your ARCOM or GOCOM hasn't necessarily the budget required to fill all your stock fund needs.** The lesson here is that units should try to arrange to have those needs become *part* of ARCOMs' and GOCOMs' budgets. That way, requirements can be "covered."
- **Supply staffers may not know about all the documents—other than MTOE—where supply authorizations lurk.** It's important for supply shops to "read their paper" closely to check and double check all the tables, manuals, bulletins and whatnot which provide them authority to get the beans and bullets.

Special thanks go to the Logistics Divisions, Office, Chief Army Reserve; Chief Warrant Officer Andrew Luxner, Readiness Group Meade; and Captain Jim Garvey, the Assistant S-4 of the 157th Separate Infantry Brigade (mech), Horsham, Pa.

U.S. Army photo by Sgt. Cecil Stack, courtesy SOLDIERS Magazine

A lean, light lunch—chicken soup, some crackers, pears and tea. Sensible eating starts with knowing what's sensible.

# You Are What You Eat

by Capt. John Warber

Physical fitness means nothing more than exercise. Right?

That may be the impression you have from what you've seen, read and heard. But, exercise is only a *part* of fitness, just as quitting smoking, avoiding drug and alcohol abuse, controlling weight and managing stress are parts.

**WHAT TO EAT**

Then there's nutrition.

Eating correctly seems to be the facet of fitness people love to neglect. Too many assume that what tastes good to them must be good for them. Food manufacturers, they think, fortify virtually everything with essential vitamins and minerals. There's no reason to fret about nutrition.

But, there *is* reason to be concerned. How you fuel your body has an enormous influence on your ability to keep fit, fend off illness and prolong your life. There's substance to the adage, "You are what you eat."

In short, the less you know about nutrition, the more likely you are to develop eating habits that contribute to poor health.

## Test Your Nutritional Knowledge

**Answer true or false.**

**1. Milk and dairy products are a good source of vitamins A and D.** T F

**2. Four tablespoons of peanut butter provide the same quantity and quality of protein as one ounce of sirloin steak.** T F

**3. The recommended number of servings from the bread, cereals and pasta food group for an adult female is not more than two a day.** T F

**4. Green leafy and deep yellow vegetables are a good source of vitamin C.** T F

**5. It is recommended that everyone consume citrus fruit(s) 3-4 times a week.** T F

**6. Fats and oils make up one of the seven essential food groups.** T F

**7. The only function of the bread and cereal group is to supply the body with a ready source of energy.** T F

Statements 1, 2 and 6 are true. The rest are false. If your answers were wrong, you need to know more.

# A Plan

A diet such as that represented by the Seven Food Groups can take the guesswork out of deciding what you should be eating. A meal plan based on the Groups should provide you with the minimum Daily Recommended Allowances. The vitamins and minerals you need are included in the Groups.

**I. Milk and Dairy Products**
*minimum of two servings daily

Items in this group are primary sources of calcium, phosphorous, magnesium, riboflavin and high quality protein. They are good sources of vitamins A and D *when fortified*.

- 8 ounces of skim or low fat milk
- 1½ ounces of cheese
- 1 cup of cottage cheese
- 1½ cups of ice cream.

**II. Meat, Poultry, Fish, Eggs, Dried Beans and Nuts**
*minimum of two servings daily

Items in this group are primary sources of high quality protein.

- 2 ounces of cooked lean meat, fish, poultry *or* protein equivalent:
  - 2 eggs
  - ½ cup of cottage cheese
  - 1 cup of dried beans
  - 4 tablespoons of peanut butter

**III. Bread, Cereals and Pasta**
*minimum of 4 servings daily

Foods in this group are enriched, restored or whole grain. They supply many of the vitamins in the B group, iron, carbohydrates, and limited amounts of protein.

- 1 slice of bread, preferably whole grain
- 1 ounce of ready-to-eat cereal
- ½ to ¾ cup of cooked cereal, macaroni, rice, grits, noodles or spaghetti

**IV. Green Leafy or Deep Yellow Vegetables**
*1 serving daily

These are good sources of vitamins A, E, the B vitamins and minerals. They are *very low in calories*.

- ½ cup of any of the following vegetables

greens
collards
dandelion
kale
mustard
spinach
turnip
winter or acorn squash
pumpkin
sweet potato
leaf lettuce
romaine lettuce
carrot

**V. Citrus Fruits, Tomatoes and Raw Cabbage**
*1 serving daily

Vitamin C is the essential nutrient found in this group.

- ½ cup of citrus juice or a small piece of citrus fruit

**VI. Other Vegetables and Fruits**
*minimum of 2 servings daily

This group provides various amounts of water soluble vitamins, minerals, some protein and energy the body needs.

- ½ cup of any of the following:

potatoes
cauliflower
green beans
lima beans
berries
cherries
melons
peaches

**VII. Fortified Margarines and Oils**
*minimum of 3 servings daily

These foods contribute vitamin A and pack LOADS of calories.

- 1 teaspoon of fortified margarine
- 1 teaspoon of cooking oil

The Seven Food Groups identify where you should be going for good health. How you get there is up to you. A wide range of fresh, frozen and processed foods is available; there is no reason why any Group should not be found in a diet.

Note that a full day's intake should include the total number of *servings* recommended for each Group.

Can you tell what's missing from this day's menus?

**Breakfast**
2 cups of black coffee
**Morning Snack**
1 vending machine candy bar
**Lunch**
1 hamburger (3-ounce beef patty)
1 serving of french fries
1 large cola (12 ounces)
**Afternoon Snack**
1 bag of vending machine potato chips
1 12-ounce can of cola
**Supper**
5 ounces of fried chicken
1 cup of mashed potatoes with ¼ cup of gravy
¾ cup of green peas
1 slice of bread with 1 teaspoon of margarine
1 cup of coffee
a 4-inch piece of chocolate cake with chocolate icing

**Which Groups are missing?**
a. Milk and Dairy Products
b. Green Leafy or Deep Yellow Vegetables
c. Citrus Fruits, Tomatoes and Raw Cabbage
d. all of the above

The answer is d. These three are found to be the most commonly neglected when diets are examined.

Be daring. Examine what you've eaten during the past 24 hours and see if one or more of the Groups is missing.

## HOW OFTEN SHOULD YOU EAT?

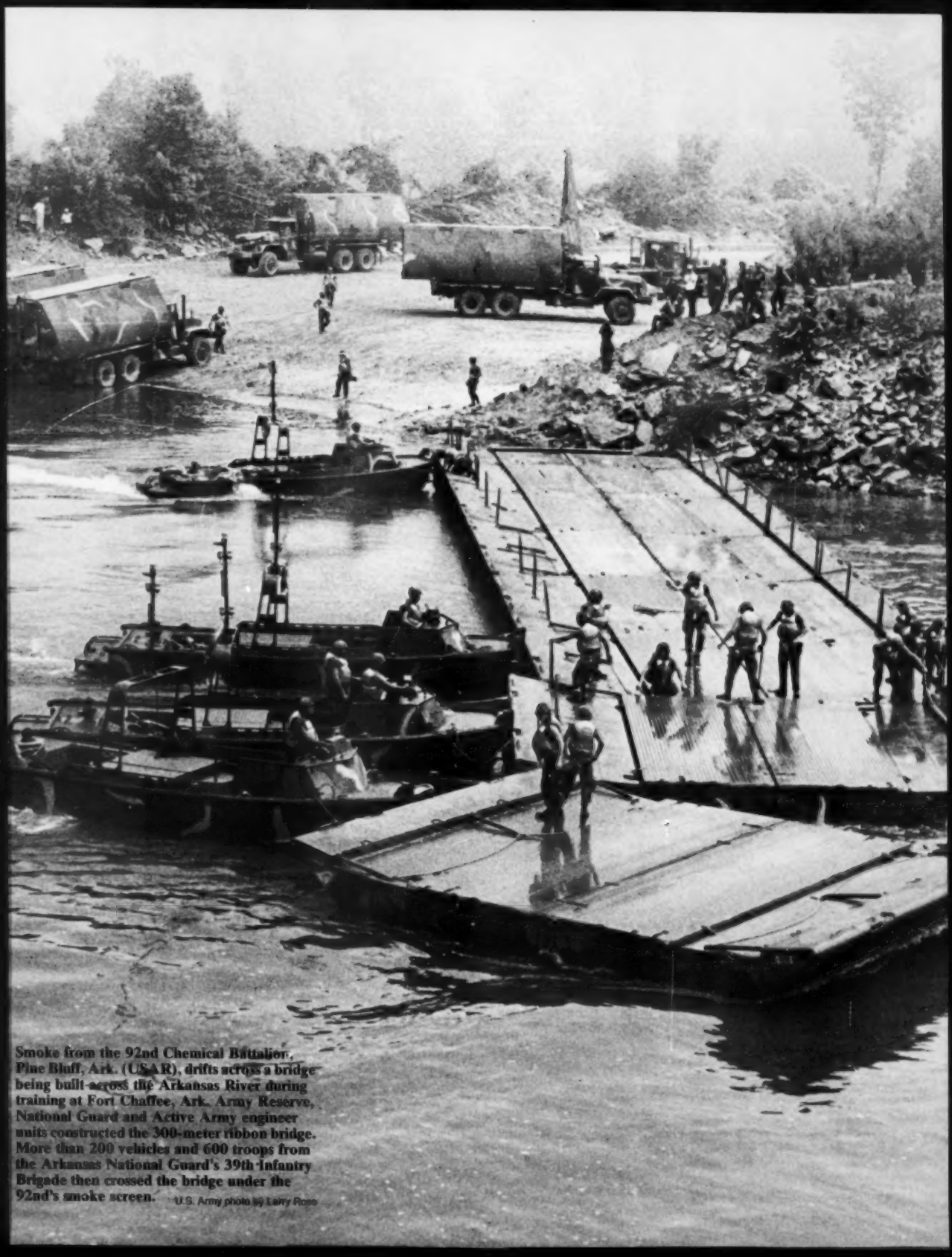
Nothing is written that requires an individual to eat three meals a day. It only makes sense that smaller, more frequent feedings will make it easier to meet your daily nutritional requirements. Cramming your eating into one large daily meal would be rather difficult; unfortunately, this practice is growing.

## BREAKFAST

There is no substitute for a good breakfast (the most neglected meal). Two advantages result from a nutritious morning meal. First, foods which are typically consumed at this time—milk, orange juice—provide calcium, riboflavin and vitamin C. These may *not* be provided in adequate amounts in foods eaten at other times. Second, as the body functions on glucose, carbohydrates eaten during breakfast will help produce conditions for improved physical performance and mental reaction time.

Breakfast needn't consist of the "conventional" eggs, bacon, cereal or toast. There's nothing wrong with having a serving of leftover spaghetti with a glass of milk or juice. Any combination of foods which provides variety and meets the minimal requirements of the Seven Food Groups will do.

Eating right takes conscious effort. You have to be aware of what you're doing. So, take the information here—and use it in good health.



**Smoke from the 92nd Chemical Battalion, Pine Bluff, Ark. (USAR), drifts across a bridge being built across the Arkansas River during training at Fort Chaffee, Ark. Army Reserve, National Guard and Active Army engineer units constructed the 300-meter ribbon bridge. More than 200 vehicles and 600 troops from the Arkansas National Guard's 39th Infantry Brigade then crossed the bridge under the 92nd's smoke screen.** U.S. Army photo by Larry Ross

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